

# Montana's Tobacco Quit Line

*Montanans are quitting with help from this free service – improving their health and quality of life.*



## Why use the Montana Tobacco Quit Line?

- The service is FREE, anonymous, and a proven effective method for helping people quit.
- Those who successfully quit improve their health by reducing their risk for stroke, heart disease and a number of cancers, among other diseases.<sup>1</sup>
- Research shows that the risk of a heart attack begins to decrease the very first day without tobacco.<sup>1</sup>
- People who use Montana's Tobacco Quit Line are up to 7 times more successful than those trying to quit on their own.<sup>2</sup>
- Since May 2004, more than 10,000 Montanans have called the Quit Line for help with quitting tobacco.<sup>3</sup>

## Call the Quit Line:

Toll-free 1-866-485-QUIT (7848).

## Quit Line Hours of Operation:

Monday – Thursday, 7:00 am – 9:00 pm

Friday, 7:00 am – 7:00 pm

Saturday – Sunday, 8:00 am – 4:30 pm

General Office... **1.866.787.5247**

Web site... **[www.tobaccofree.mt.gov](http://www.tobaccofree.mt.gov)**

e-mail... **[infotobaccofree@mt.gov](mailto:infotobaccofree@mt.gov)**

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## What is the Montana Tobacco Quit Line?

- A free, toll-free, telephone-based counseling service for smokers and spit tobacco users who want to quit.
- Participants may call as often as they need and receive a number of important benefits, including:
  - personalized guidance to formulate a quit plan;
  - informative materials; *and*
  - a four-week supply of nicotine replacement therapy products (nicotine patches, gum, or lozenges – a \$50 value).
- The Quit Line is staffed by professional Quit Specialists from the National Jewish Medical and Research Center, the nation's #1 ranked respiratory hospital, as ranked by U.S. News & World Report.
- The Quit Line offers specialty services for teenage smokers, spit tobacco users, pre-natal smokers and culturally appropriate counseling for Native Americans.
- Quit Specialists encourage participants to make lifestyle changes that increase their chances of quitting and further reduce risk of developing other chronic conditions, like depression or weight gain.
- Educational materials are provided for family members and friends, to promote additional support during the quit attempt.
- 25% of referrals to the Quit Line come from healthcare providers; 30% from friends and family members.

### Sources:

1. The Health Benefits of Smoking Cessation: A Report of the Surgeon General, United States Public Health Service. Office of the Surgeon General; DHHS Publication No. (CDC) 90-8416; 1990.

2. National Jewish Medical and Research Center; Denver CO., May 2006.

3. Montana Tobacco Use Prevention Program, Montana Department of Public Health and Human Services, May 2006.